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( examined )

A. Dissertation

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W. L. H.

On

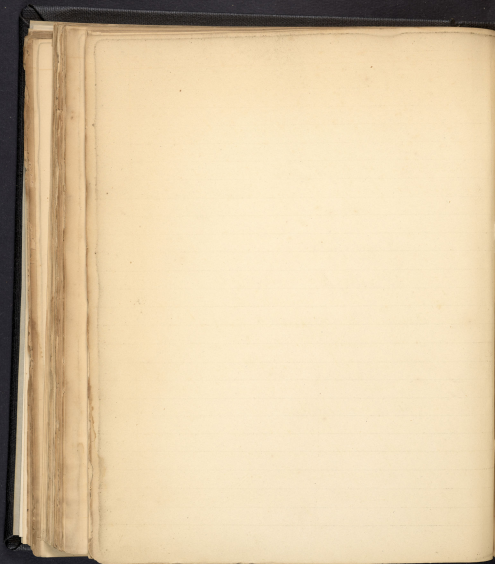
Dyspepsia

By

Jabius. S. Hayward  
of

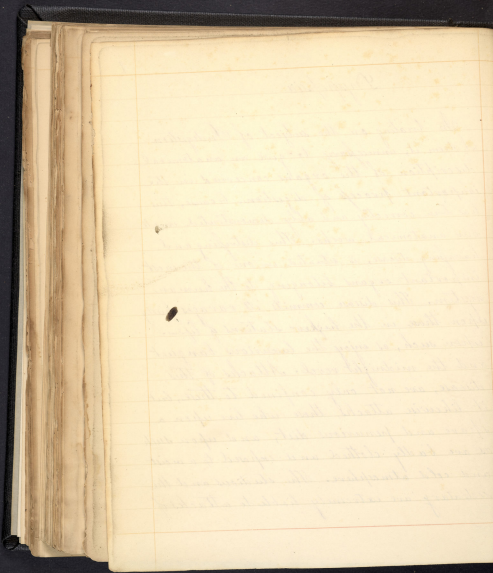
Raleigh

North Carolina



## Dyspepsia

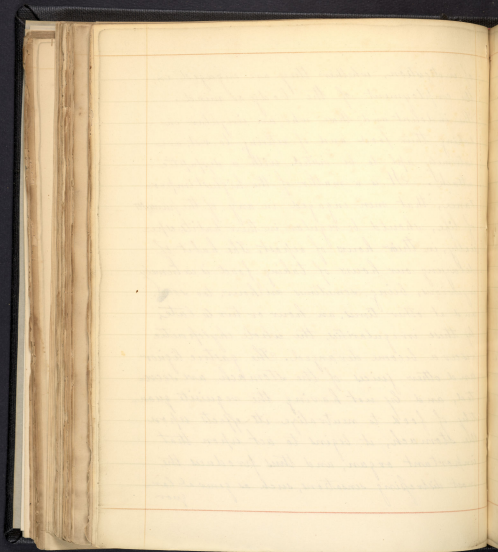
In treating on the subject of Indigestion I deem it, unnecessary to give an anatomical description of the organs concerned in the important process of digestion, because, this has been correctly and ably demonstrated in all our anatomical works. This distressing and harassing disease, is situated in one of the most important organs belonging to the human system. This disease commits its ravages chiefly upon those in the higher stations of life, upon such, as enjoy the luxurious banquet and the midnight revel. Attacks of this disease, are not only confined to these, but it likewise attacks, those who live upon a spare and penurious diet, and upon such as are badly clothed and exposed to a moist and cold atmosphere. The studious and the sedentary are extremely liable to attacks of





of indigestion, whether they are engaged in the employment of the body or mind.

The indolent and those who are irregular in taking their food and of retiring to rest, are extremely apt to be visited with a dyspeptic attack. It is a matter of the highest importance, that men engaged in any of the pursuits of life, should be regular in their habits, especially, in their hours of repast. The habit of delaying our hours of taking food is extremely injurious, being, sometimes an hour, too soon, and at other times, an hour or two too late, by these irregularities, the whole chylificative viscera become deranged. The gastric liquor and other juices of the stomach are secreted, and by not having the requisite quantity of food to neutralize its effects upon the stomach, it begins to act upon that important organ, and thus produces the most distressing sensations, such as general languor

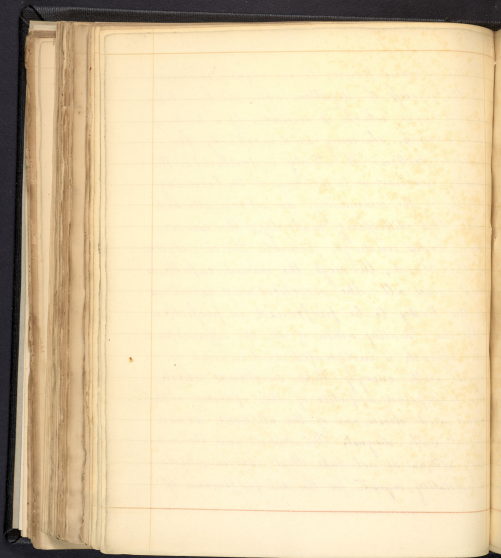


languor and debility of the system, desirous of correcting these disagreeable sensations, the sufferer is induced to take some of the stimulating articles, before his meals, This provokes an artificial appetite, which causes him to take more food than is requisite to supply the body with the proper quantity of nourishment; this excess being repeated a number of times, at length, begins to weaken the powers of digestion, and thus aggravates the very disease, which he is so desirous to remove.

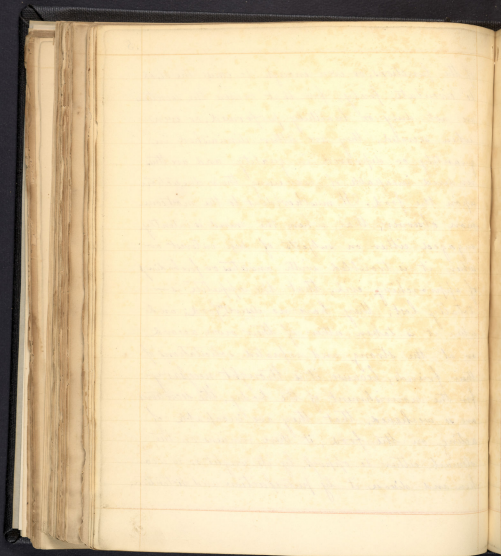
The studious, who devote the greater part of their time by day and who pass the greater part of their nights, at the midnight lamp, are peculiarly liable to a dyspeptic attack. In the student that vital energy which is absolutely requisite to promote the process of digestion, is engrossed by the operations of the mind. We are all aware that there is a derivation of nervous influences from the centre



of the nervous power, to the organs concerned in the process of digestion, after we have taken a full meal, which is evinced, by a tendency to dozing, shivering and incapacity for mental exertion. The sturdy agriculturist or the hardy mariner, or indeed any of the labouring classes of the community, are seldom attacked with this distressing malady, the exercise their bodies undergo, promotes the circulation of the blood, through the minute capillaries and causes all the secretions and excretions of the body to be performed in perfection. By the healthy action of all the different parts the stomach is invigorated and enabled to digest with energy, those substances which the ruffled appetite of the epicure or the weak and choice one of the student, would reject with disgust. The student and the sedentary artisan do not take that exercise which is absolutely requisite for the due performance of

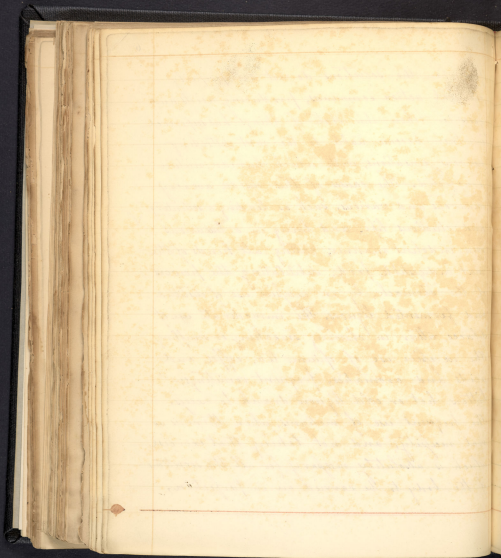


of the functions, or even enough to cause the blood to circulate freely, for that reason the secretions are not duly or healthily performed, or even when secreted, they are either diminished in quantity or depraved in quality, and are thus rendered incapable of exercising their due action upon the food. It must be evident to the most common observer, that when the mind is intently engaged either on subjects of deep interest or when it is troubled with anxieties or forebodings of approaching evil, that the appetite is—totally lost; they have no desire <sup>for</sup> food; and when it is taken either of their own accord or at the strong and repeated solicitations of their friends, because it is thought necessary for the nourishment of the body, the secretions are so weakened, that they are incapable of acting on the food, it then remains on the stomach, either to oppress, by its weight or to weaken and disorganize it by putrefaction and distention,

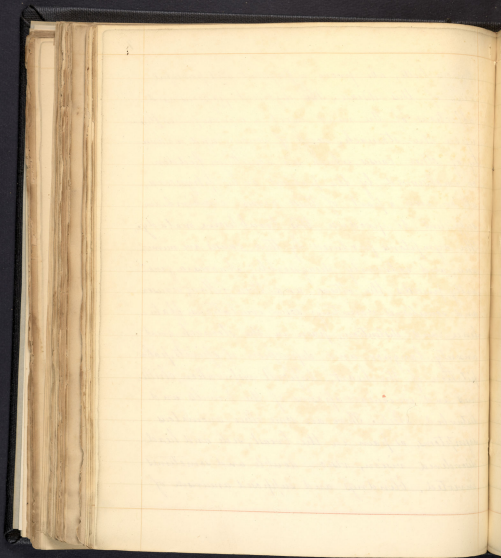




for when the secretions do not act properly  
 chemical action commences, producing acids and  
 gaseous. When this state of things has supervened  
 we then become liable to the most distressing  
 nervous sensations, with which human nature  
 is afflicted. The causes of this disease are very  
 numerous and various, such as leading a sedentary  
 and studious life, and living in a luxurious  
 and indolent manner; eating all kinds of the  
 most indigestible food, debilitating the powers  
 of the stomach, by an excessive use of distilled  
 and fermented liquors, The immoderate use of  
 Tobacco, either in chewing smoking or snuffing.  
 The excessive use of opium, tea, coffee and  
 acids and aromatics, frequent vomitings;  
 bitters, hot or cold liquors drank to excess.  
 The frequent use of medicines, when there is no  
 real necessity, and not taking that exercise  
 which is absolutely necessary for all the secretions  
 of the body to be carried on in perfection,



various teeth, also prove a frequent and powerful  
 cause of this disease, the different passions and  
 affections of the mind exert a wonderful influence  
 upon the stomach, except of venery and a variety  
 of other causes which are sometimes hidden  
 or unobserved by the patient or his physician,  
 all or even a part of these causes combined are  
 sufficient to produce this troublesome malady.  
 The symptoms produced by these causes are nume-  
 rous, and extremely disagreeable; Anorexia gene-  
 rally precedes the others, and then follow, nausea  
 and sometimes vomitings, sour eructations, flatu-  
 lence and distention, pain in the stomach, great  
 anxiety, languor and depression of spirits, pal-  
 pitation of the heart, difficult respiration, chilli-  
 ness and irregular spasms of the bowels and  
 disturbed sleep. There are some other anomalous  
 symptoms, as pain in the breast, side and head  
 disordered vision, vision double and sometimes  
 inverted, blindness and supposed aneurism of

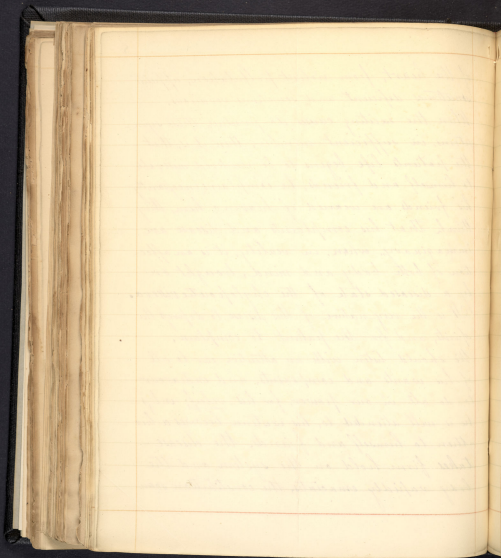


of the heart, from violent palpitation, appetite sometimes deficient and sometimes voracious.

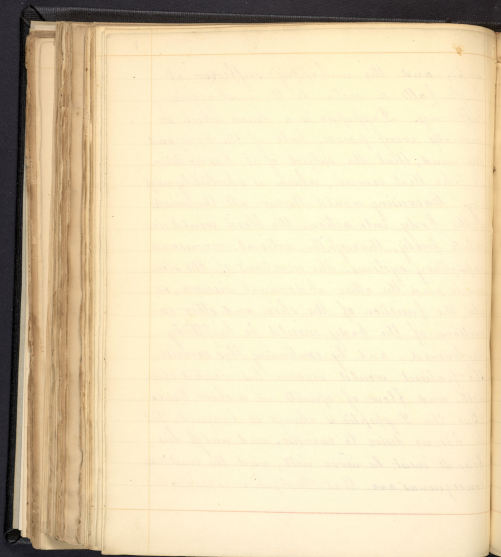
When the exciting causes do produce these symptoms, in sufficient number; then it is, that the patient's life begins to be rendered miserable to himself and friends, he complains incessantly his friends are wearied of hearing him, they think that his complaints and disease are imaginary, when, in reality, it is an affection of both body and mind, brought on by a diseased state of the chylopoietic viscera.

It is the very nature of this disease to depress the spirits, and for the patient to complain.

We should listen with an attentive ear to all of his wants and complaints, and endeavour to do all in our power, for his relief; unless he is well attended to, his existence becomes a burthen to himself and friends, the disease takes firm hold on the system and the body rapidly emaciates, the constitution soon



sinks, and the unhappy sufferer at length falls a victim to the most agonising sufferings. Dyspepsia is a disease which so enervates every power, both of the body and the mind, that the subject of it has no desire to take that exercise, which is absolutely necessary. Exercising would throw all the muscles of the body into action, the blood would circulate freely, through the arterial, venous and capillary systems. The secretions of the stomach and the other abdominal viscera, as also the function of the skin and other excretions of the body would be healthfully performed, and by continuing this exercise the patient would recover his wonted strength and flow of spirits in a short time. But the Dyspeptic is always so languid, that he has no desire to exercise, and unless his friends insist, he never will, and the inevitable consequences are, that Indigestion takes such

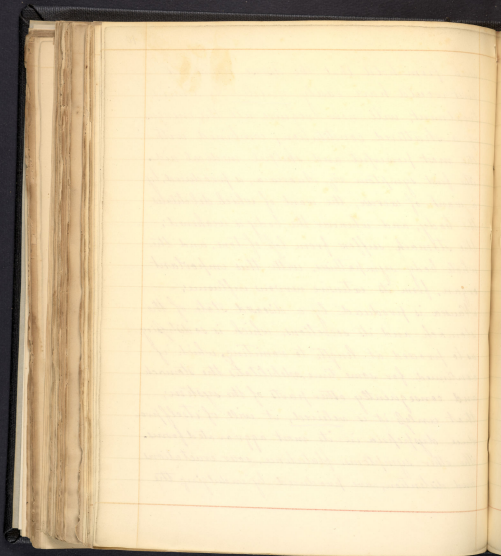




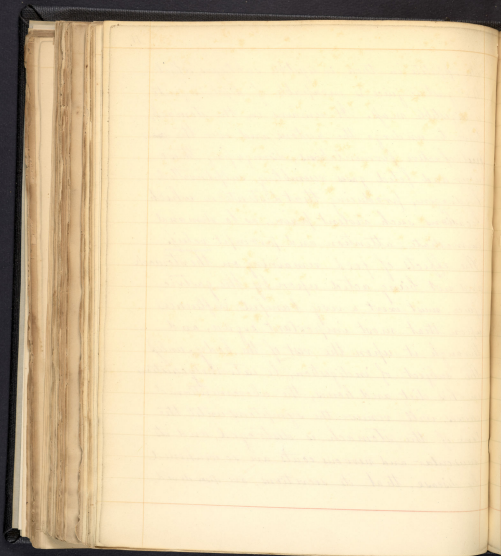
such firm hold that the disease which at first would have easily yielded to a mild treatment, will now require all the energies of a shattered constitution; combined with the most powerful and skilful medical aid.

The first symptom viz. Anorexia, is produced, by a want of exercise, the want of which debilitates the body, and whenever the body is weakened; the stomach suffers from loss of tone, and the whole body sympathizes, with this important organ, from its extensive nervous influence, -

Nausea is produced by a diseased state of the stomach and its secretions, which is so disgusting as to proceed at length to vomiting, which if continued for some time, debilitates the stomach and consequently other parts of the system; that unless it is relieved, it will of itself produce dyspepsia in its most aggravated forms. The other symptoms, flatulence, sour eructations and distention, are produced by indulging the



The appetite in those indigestible substances, which the gastric juice is incapable of dissolving into a digestible mass. It remains in the stomach there to undergo the acetous and even the vinous putrefactive fermentations, disengaging those sour and fetid gases resembling sulphuretted hydrogen, producing that distention which occasions such violent pain, as to demand immediate attention and prompt relief. The effects of food remaining on the stomach and not being acted upon by the gastric juice, must exert a very baneful influence upon that most important organ, and through it upon the rest of the body, unless the subject of indigestion, be extremely cautious in his diet and hours, the abovementioned causes, will renew the symptoms until the tone of the stomach is destroyed, and its muscular and nervous coats are so weakened by disease, that its secretions, are diminished

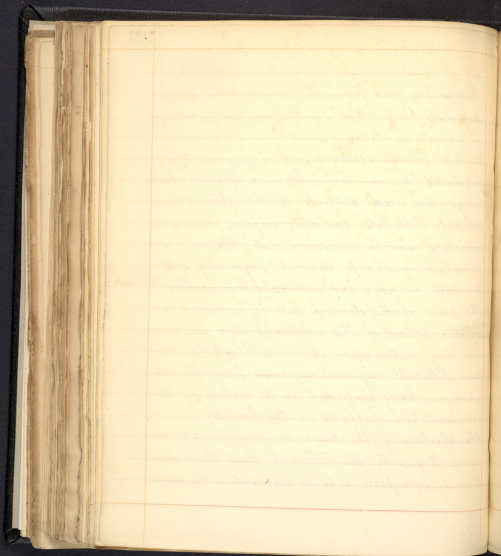


and of course incapable of assisting digestion.

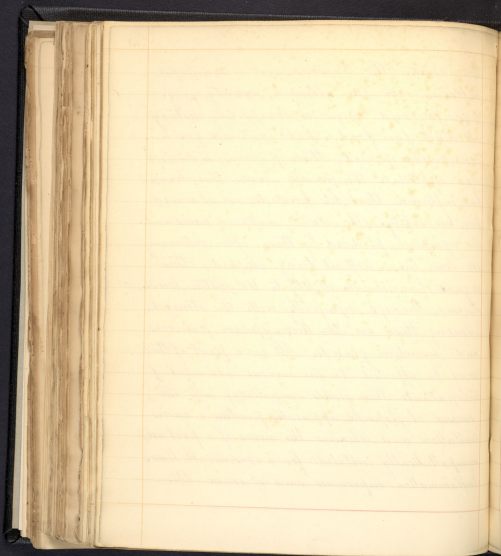
Cardialgia and pain in the stomach, are also very distressing, these symptoms are produced by an accumulation of acid and other acrid matters in the stomach, it is frequently produced by an convulsion or spasm, which brings the acid contents of the stomach in contact with its cardiac orifice, which is extremely sensitive in a diseased state, this acid is so extremely sharp, that it frequently sets the teeth on edge and excoriates the mouth;

The pain of the stomach is to be accounted for by the action of this acid and other acrid and irritating matters upon its nerves. Palpitation and difficult respiration, arises from the diaphragm, being impeded in its motions by the accumulation of flatus in the bowels.

The affections of the head are occasioned by its sympathy, with the stomach, and that anxiety and depression is to be referred to the same



same cause. The Passions exert a wonderful influence over the stomach, anxiety, grief, fear, joy and anger, so completely destroy all desire for food, that continued for a considerable period, these passions, so emaciate and debilitate the person under their baneful influence, that his friends, are alarmed for his safety. The above mentioned cause and the symptoms produced by them, after continuing for some time without being checked, other organs of invaluable utility to the system, become diseased, through sympathy with the stomach; Among these are the liver, spleen, pancreas and mucous glands. All or a part of these may be affected to the serious detriment of the patient. These glands sympathizing, with the diseased chylific apparatus, produce a nervous irritation and whenever the nerves of a part are sympathetically irritated for a considerable time, inflammation supervenes and of course the

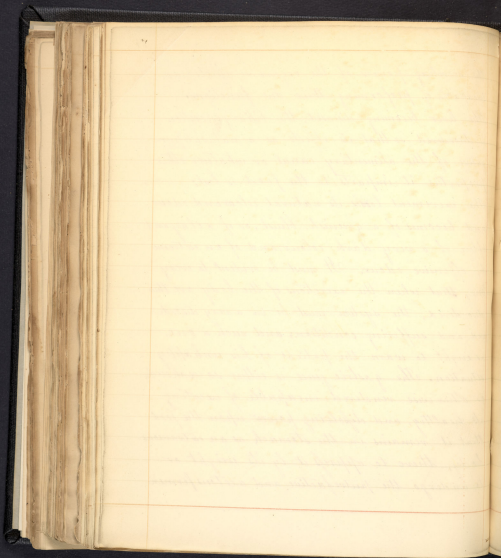




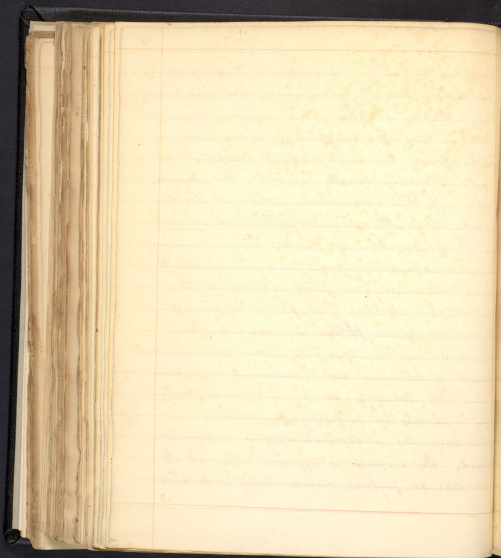
the secreting powers of the organs so affected are incapable of performing their due functions.

The liver becoming diseased, the biliary secretion is disordered, so that its effects as a natural purgative of the alimentary canal or whatever other properties it imparts to the food is lost;

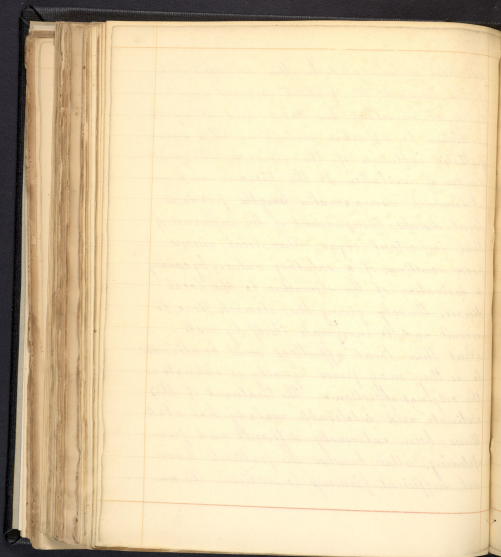
The excrement ~~loses~~ its natural colour and odour and becomes of a greenish, bluish, or of a clay and often of a very dark colour, and of an extremely offensive odour. It must be evident to every one, that when the excretions of the body are thus disordered, the system must be in a very disordered and suffering condition; and such a one as ought to warn the patient of his unhappy situation. The gastric juice is either so weakened or otherwise rendered incapable of exerting its healthy, and dissolving power upon the food, that it remains in the stomach as an extraneous body, there to oppress it by its weight or to undergo the putrefactive and acrimonious ferment



fermentations, or to pass undigested through the  
 alimentary canal, producing a diarrhoea from  
 the irritation it causes from being in the canal  
 before it has been digested, or by remaining  
 and causing the most obstinate constipation  
 and requiring drastic cathartics for its re-  
 medy. If this sympathetic action of the sto-  
 mach upon the other organs is not relieved  
 by the physician, the disease begins to assume  
 a more alarming aspect, and will at length  
 terminate in organic lesion of some of the  
 important viscera. Perhaps of the pulmonary  
 organs occasioning ~~phthisis~~ in some of its forms.  
 The chance of the dyspeptic becomes hopeless for  
 want of attention and timely aid, and the  
 miserable being is at length relieved from  
 his indelible sufferings by death. -  
 Sometimes the abdominal viscera become dis-  
 eased; the stomach is affected either at its  
 cardiac or pyloric orifices, being indurated



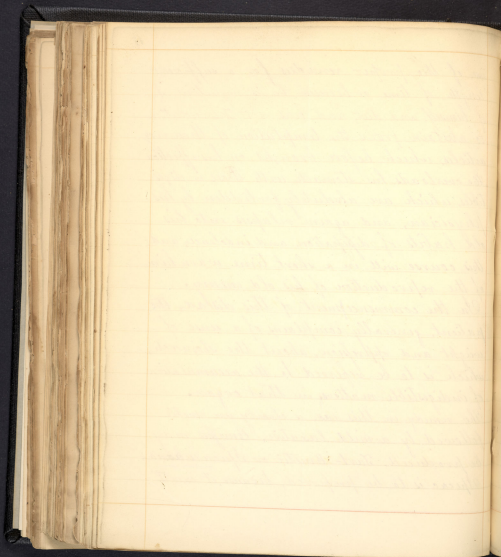
schirrhous or ulcerated, In this dreadful state  
 of the stomach the patient becomes unable  
 to digest or retain his food and thus falls  
 a victim to defective nutrition. This sym-  
 pathetic influence of the stomach, the great  
 source of irritation to the thoracic and -  
 abdominal viscera; ~~breath~~ <sup>length</sup> produces  
 local diseases, independent of the influence of  
 that important organ. These local diseases  
 prove sometimes, of a salutary nature, by causing  
 a derivation of the stomachic to the local  
 disease, thereby giving the stomach time to  
 recruit and to invigorate itself by rest.  
 But these local affections must be attended  
 to as they may prove equally as obstinate as  
 the original affection. The treatment of this  
 obstinate and intolerable malady has at all  
 times been extremely difficult and pre-  
 -solving, either because the patients have  
 not sufficient firmness to continue the use



use, of the proper remedies for a sufficient length of time or because, he is neglectful of himself, and diet, and, has not the resolution to abstain from the temptation of those very articles, which before brought on his affection. He overloads his stomach with those indigestibles, which are absolutely forbidden by his physician, and again relapses into his old habits of dissipation and indolence, and this course will in a short time warn him of the reproduction of his old enemy.

On the commencement of this disease, the patient, generally complains of a sense of weight and oppression, about the stomach, which is to be referred to the accumulation of indigestible matters, in that organ.

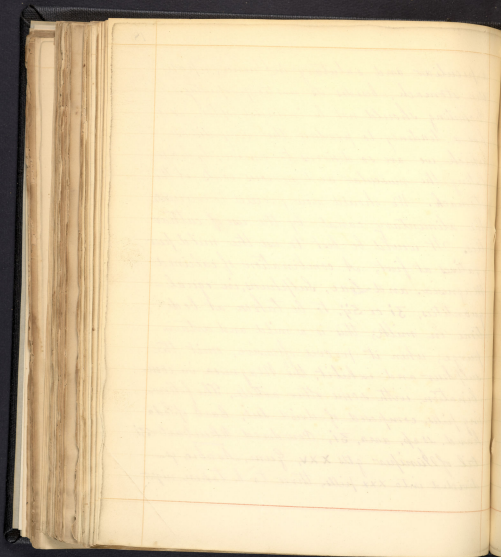
The remedy in this case, is clearly an emetic followed by a mild laxative. Emetics may be produced, Tart- Emetic or Spica cubana. Spica is to be preferred, because, it exerts





a peculiar and salutary influence, upon the stomach, besides its emetic property.

Vomiting should not be induced often, as it has a tendency to produce the very disease which we are so desirous to remove, by debilitating the muscular and nervous coats of the stomach. We should now proceed to evacuate the alimentary canal by the use of cathartics. It would be best to use the mild purgatives at first; A combination of calcined Magnesia, and Lic. Sulphuris, in equal quantities,  $\mathfrak{z}\text{i}$  or  $\mathfrak{z}\text{ij}$ . to be taken at bed time, in milk; this is a mild and certain purge; when it proves offensive, omit the sulphur and exhibit the Magnesia in combination, with some other article. The following pills, composed of dried Sub, Carb. of Soda, hard. sap. ana,  $\mathfrak{z}\text{i}$ , Powdered Rhubarb  $\mathfrak{z}\text{i}$  Oil of Sassafras  $\mathfrak{g}\text{ss}$  xxv, Gum, Arabic  $\mathfrak{ss}$  divided into xxx pills, three to be taken, night



sight and morning, these are well adapted for the dyspeptic, the bowels must be constantly kept soluble, this is most effectually done by a combination of cathartic, tonic and stimulant medicines, an union of Aloe, Rhubarb, Senna, and Cascavilla or Canelia Alba, When Aloe can not be taken on account of its tendency to produce Hemorrhoids, Castor oil, may be substituted, mixed with the tincture of Rhubarb, Senna, or Salap.

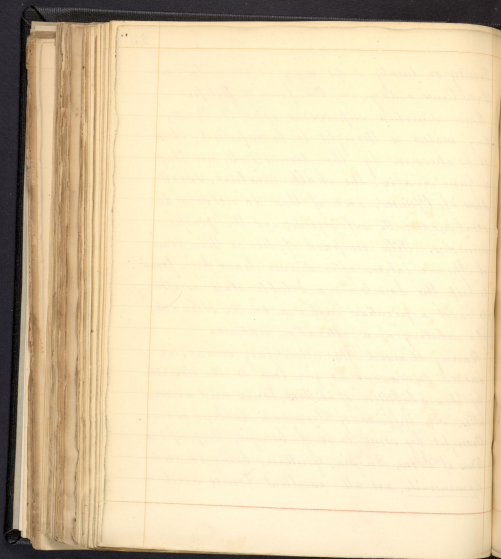
But if the bowels are so obstinately constipated, as to demand the more powerful cathartics, we should then resort to combinations of Aloe, Colocynth, Rhubarb and Senna, in minute doses, so as to act on the whole length of the canal, but not to produce too much irritation. The rectified oil of Turpentine, is an excellent remedy, and it has likewise, the effect of changing the dark vitiated alvine evacuations to a healthy color.



twenty or twenty drops may be given two or three times a day, in the form of pills.

When diarrhoea supervens, after the irritating matter is thought to be expelled, it is to be checked by the demulcents, mucilage of Gum Arabic, the chalk mixture, small doses of Opium, and if these do not succeed, combined with astringents, are the proper remedies. Pills composed of two or three grains of Ipecac taken after dinner have been found to keep the bowels in a soluble state as also to exert a peculiar influence on the stomach of a salutary and alterative nature.

Having cleansed the alimentary canal, we should endeavour to give tone to the stomach by the exhibition of bitters, tonics and aromatics. An infusion of Peruvian Bark, has been thought by some to be of benefit; the preparations of Worm, Quassia, Gentian, Colombo, and Camomile, are all excellent Tonics and

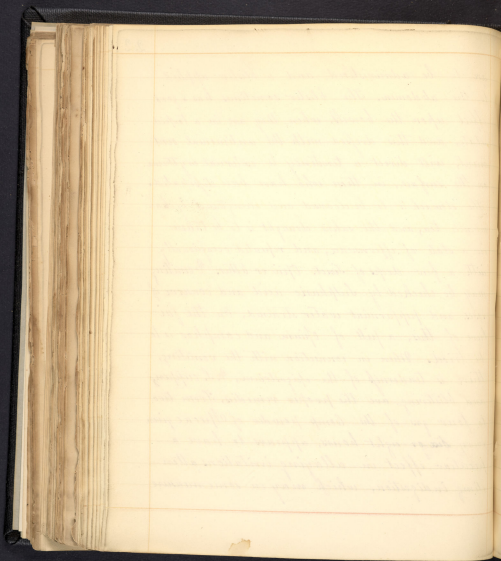


and such as are to be depended upon, Hops and Quassia are particularly recommended by Boerhaave, Chapman. The hop is given in infusion or tincture, The quassia is exhibited in infusion, pills or extract two or three ounces of the infusion several times a day. Mineral tonics are considered the best, the preparations of Iron are preferable, the Rubigo Ferri is given in doses of ʒij with a little ginger, three or four times a day. When there is much constipation of the bowels the chalybeate wine is preferable. The following is an excellent formula, Rubigo Ferri ʒij. Rad. Fen. ʒss. Cort. Aurant. ʒij Port wine Oij, digest for three days, take spoonful three or four times a day. The Sulfuras Ferri is a neat and effectual remedy, ʒi made into xxx pills with Gum Arabic: Dose two or three, three or four times a day. The unviated tincture of Iron is also an excellent preparation, When the vomiting excited by this disease or the remedies given for its relief, is obstinate, or excessive, Opiate clysters are

The first of these is the fact that the  
 population of the country is increasing  
 rapidly. This is due to a number of  
 causes, the most important of which  
 are the following: (1) the increase  
 in the number of children born to  
 each couple; (2) the decrease in the  
 number of deaths; (3) the increase  
 in the number of immigrants; (4) the  
 decrease in the number of emigrants.  
 The second of these is the fact that  
 the population is becoming more  
 densely packed. This is due to the  
 fact that the land is being cultivated  
 more intensively, and that the  
 number of people living on each  
 acre is increasing. This is also due  
 to the fact that the population is  
 becoming more concentrated in the  
 cities and towns. This is due to the  
 fact that the cities and towns are  
 becoming more attractive, and that  
 the people are moving from the  
 country to the cities and towns.  
 The third of these is the fact that  
 the population is becoming more  
 educated. This is due to the fact  
 that the people are becoming more  
 aware of the importance of education,  
 and that they are sending their  
 children to school. This is also due  
 to the fact that the government is  
 providing more schools, and that the  
 people are paying less for education.  
 The fourth of these is the fact that  
 the population is becoming more  
 healthy. This is due to the fact that  
 the people are becoming more aware  
 of the importance of health, and that  
 they are taking more care of their  
 bodies. This is also due to the fact  
 that the government is providing more  
 hospitals, and that the people are  
 paying less for medical care.



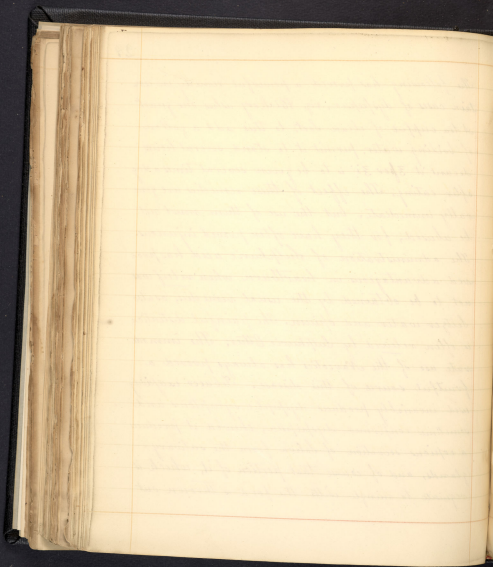
are to be administered, and a blister applied to the abdomen. The blister sometimes has a good effect upon the bowels, when they are in a torpid state, and this dressed with the antimonial ointment, will direct a tendency to external erythema on the surface, in those who have been dissipated. The stomach is to be cleared and strengthened by chamomile tea, and the saline draught is to be taken in a state of effervescence, and repeated occasionally with a few drops of Tinct. Opii or Ether. Vomiting may be checked by Sulphuric acid and conserve of roses, and peppermint water strained. On the failure of this, a pill of Opium and camphor is to be tried. When in connection with the vomiting, there is tenderness of the epigastrium, R. S. cupping and blistering, are the proper remedies. From two to four grs of the Comp powder of Opereac given every Six or eight hours, appears to have a peculiar effect in allaying irritations attending indigestion, which may in some measure



be attributed to its action on the skin, it is also adapted to those cases of languor and asthenia so remarkable in this affection, the intolerable cardialgia which affects dyspeptic persons and which at times almost renders life a burthen and which even precludes the use of food, from its tendency to become acid, is to be relieved by the exhibition of the alkalis and absorbents, as the Sub Carb. of Potash, Soap, Chalk, Magnesia is an excellent remedy, as it acts as an absorbent and an antacid, and neutralizes the acid, with which it forms a neutral salt, by which it is carried out of the system. Lime water and milk, and the prepared oyster shells, and where there is a necessity for both a stimulant and a corrector of acidity, the Carb. of Ammonia may be prescribed. The following is an excellent as well as pleasant remedy R Carb. of Potash ʒij. Comp Spts of Lavender ʒij; Sack. Alk. ʒi. Aqua Font ʒij. Tinct Opii xxx gss take spoonful when necessary.

I have been thinking of you very much lately  
 and wondering how you are getting on.  
 I hope you are well and happy.  
 I have been very busy lately  
 but I have managed to find some time  
 to write you a few lines.  
 I have been thinking of you very much lately  
 and wondering how you are getting on.  
 I hope you are well and happy.  
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 I hope you are well and happy.  
 I have been very busy lately  
 but I have managed to find some time  
 to write you a few lines.

The following has proved a powerful remedy in certain cases of dyspepsia, viz. R. bicchory ashes one quart  
 A tea cupful of clean Soot, to this add a gallon  
 of boiling water, permit it to stand several hours  
 decant it  $\text{℞}$  per  $\text{℥i}$  is to be given several times a day  
 after eating. The effect of these remedies are generally immediate, but the use of them must not  
 be abused, for they have often proved injurious.  
 The administration of Sulphuric acid has proved  
 advantageous in heartburn when relief was  
 not to be obtained by the usual remedies, as also  
 Seltzer water and opium. The painful distention  
 is often relieved by Sulphuric Ether. The immoderate  
 use of the Narcotics has always proved a  
 fruitful source of this disease. Tobacco excessively  
 used invariably produces dyspeptic symptoms and  
 sometimes confirms dyspepsia; chewed it produces  
 a copious secretion of saliva from the salivary-  
 glands, and of course that portion of it, which is  
 requisite to mingle with the food is thrown out



out in combination with the juice of the tobacco, and a part of it is sometimes accidentally taken into the stomach, it there affects the nerves and increases the circulation and produces a peculiar kind of intoxication; such are its baneful effects upon some persons, that either chewed, smoked or snuffed before meals it destroys the appetite. Opium also when immoderately taken has proved a great promoter of indigestion. Dyspepsia having continued for some time produces disease in other important parts of the body; The liver, pancreas and spleen are sympathetically affected, Mercury exerts its peculiar salutary influence on the system in this disease of the glands; Exhibited in minute doses, as  $\frac{1}{2}$  gr or  $\frac{1}{4}$  gr it manifests its alterative powers.

The Blue pill has been highly recommended in this stage of the disease, and it has been found to act like a charm with some, in altering a vitiated secretion of bile to a healthy one, but to others, it has proved disadvantageous, inasmuch as it has altered the





the bilious secretion from an apparently healthy to a diseased state. This preparation of mercury is so disagreeable to the stomachs of some, that it can not be retained, in the most minute doses, for such the exhibition of calomel in very small doses, proves an excellent substitute, Calomel combined with Opium is more apt to remain upon the stomach. The dietetic part of the treatment of this disease is all important, - indeed it is so important; that cures of this pest of the sedentary and studious, have been effected alone by a well regulated and nutritious diet. It is worse than useless for the practitioner to attempt a radical cure of this affection, where the patient does not combine with him to overthrow this destroyer of his constitution.

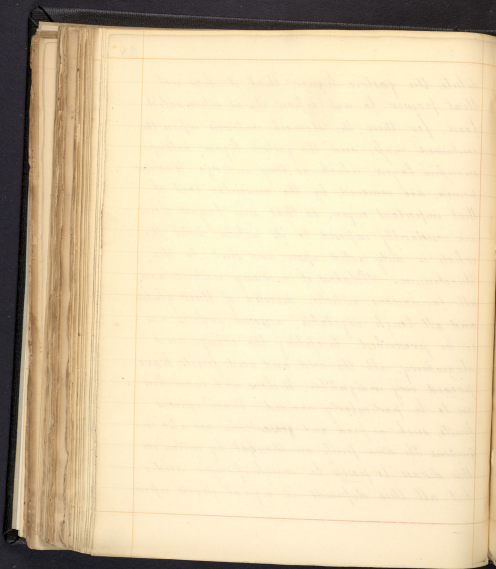
The diet of the dyspeptic should consist of articles of a mild, nutritious and of an easily digested nature, such as combine a large supply of nutritive matter in a small compass, so as not to oppress

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the stomach by its weight or to create pain by unnecessary distention. From its quantity, we need not exhibit a single dose of medicine unless the patient firmly resolves to abstain from all those <sup>articles</sup> which he has hitherto found to disagree with his stomach. The aliment should be of such a kind, as to produce neither morbid irritation or distention, of the stomach. Eating too fast and too much without properly masticating, is often the cause of distention. All those articles which are apt to undergo the acetous fermentation those which produce flatus, and those which irritate the alimentary canal are to be avoided. We should abstain from all high seasoned food, as also from all spiced, vegetable, oily, soups, which are deleterious not only on account of the richness of their flavour and of their oily flatulent and indigestible nature but because they produce an unnecessary distention, and by their liquid nature they so-



dilute the gastric liquor, that it has not that power to act upon it, as upon solid food, for there the stomach contracts upon the contained mass, and the gastric liquor acts upon successive layers, which as they undergo its solvent power, are removed by the muscular coat of that important organ, so that new layers of food are constantly exposed to its action, until the whole is duly acted upon, and sent to the chloremum. Potatoes of a waxy nature and all farinaceous articles, divested of their gluten and all tough, vegetable, acescent articles are to be proscribed. Excepting the orange and strawberry, all the cold and acid fruits, have proved very indigestible, Melons and cucumbers are to be particularly avoided, Mucilaginous fruits, such as pear and ~~goose~~ berries are also injurious. The stone fruits are thought by writers on this disease to pass to much proupic acid; but all this depends in a great degree upon



upon the peculiar constitution of the individual  
 some being benefitted by these fruits and others  
 injured. But unless persons are certain, that they  
 are not injured, by these fruits, it is best to  
 abstain from them, as they destroy the tone  
 of the stomach, by producing distention and  
 thereby weakening the muscular fibres. Coarseness in  
 eating and drinking must be strictly avoided.  
 all the alcoholic preparations are decidedly in-  
 jurious in as much as they produce an unneces-  
 sary and unnatural stimulus to the stomach,  
 thereby causing the person addicted to their use, to  
 overload and oppress the stomach, with articles  
 which he is unable to digest. This stimulus  
 often repeated, after some time ~~time~~ has elapsed  
 begins to excite diseased action on the stomach  
 which acts sympathetically on the brain, produ-  
 cing a train of nervous symptoms, which are  
 of the most distressing character. The deleterious  
 effects of ardent spirits on the digestive organs





are so well known, that it is almost useless to make any remark on that subject. I will relate a case by way of example. It has been proved by dissection that the volatile parts of the spirits are transmitted to the brain. A case is stated in a late medical work, where a labourer had bet a wager that he could drink a quart of gin, this he effected, but in fifteen minutes, he fell a sacrifice to his temerity. On dissection his body exhibited no marks of organic lesion, but on opening the ventricles of the brain, the odour of the gin was distinctly perceptible, to all the bystanders. Other cases of equal interest might be related, but the above case is sufficient to illustrate the noxious effects of alcohol. The continued abuse of ardent spirits begins to affect in an alarming manner the coats of the stomach, The cardiac and pyloric orifices become inflamed, schirrhous, ulcerated and even cancerous or gangrenous and at length the devoted victim, becomes so emaciated and debilitated



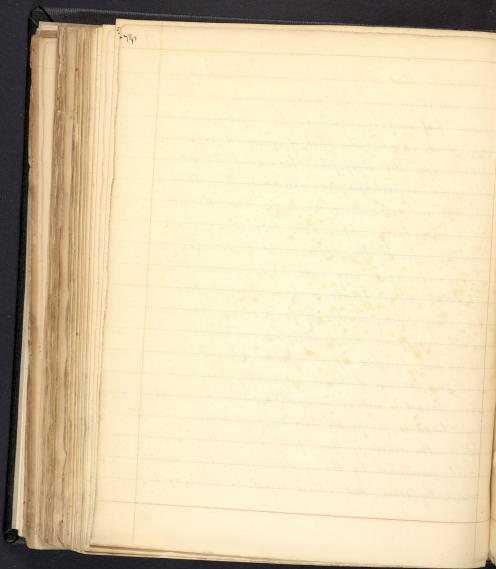
that his stomach is not only unable to digest but even to retain his food. The fermented and malt liquors are also injurious, the malt liquors injure not only from their stimulant power, but they also possess a narcotic property, which combined with the stimulant, affect both the brain and stomach, these liquors are generally used at dinner time, which is certainly the most improper period for they not only carry their stimulant and narcotic influence, inducing us to eat too much, but they dilute the gastric juice too much, which dilution, I have before mentioned, was injurious to the digestive process. I have spoken of such articles as are known to prove injurious to the digestive viscera and through them to the whole system.

I shall now endeavour to point out some articles of diet for the dyspeptic; This diet should consist of mild, nutritious and digestible articles, such as well cooked meats, divested of their oily and fat particles. The meat of old is to be

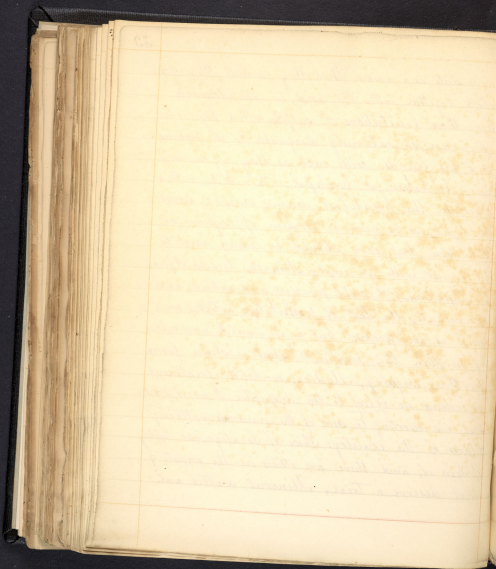


preferred to that of young animals, because it is more nutritious and less mucilaginous, for this reason beef and mutton are to be preferred to veal and lamb. The flesh of game is particularly suitable for the dyspeptic, because it is more digestible and is perhaps more alkaline than that of domestic animals. Deer, Partridge and rabbit are particularly applicable to persons of weak digestive powers. The white meat of domestic fowls is found to agree very well with persons thus affected; Water fowls such as geese, ducks, &c. are very strong and oily food, and have universally proved of an indigestible nature.

Individuals harassed by indigestion should be moderate in the use of bread, especially new bread, stale bread is not so indigestible. The brown or rye bread is preferable to other preparations of this kind, the whole of them form a mass that is not easily penetrated by the gastric juice. Eggs are advised by some, but others object to them, and

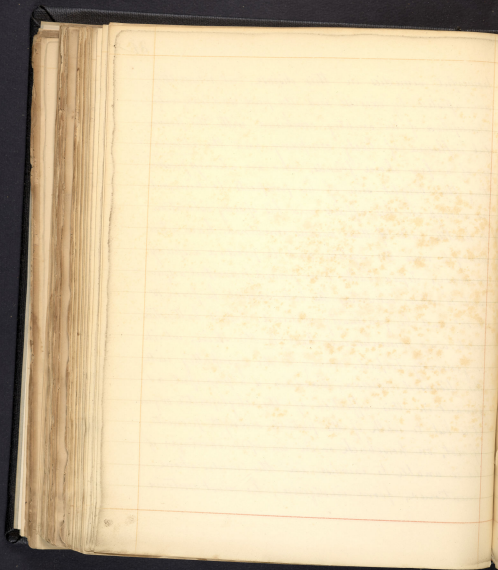


and state as a reason, that they furnish the sulphur which together with the acid, in the stomach form those eruptions of sulphuretted hydrogen which are so extremely disagreeable to the patient and his friends. with such as they agree, two may be taken at breakfast, with a little milk or chocolate. the breakfast, dinner, supper, must be light, so as never to occasion oppression or distention, but care should be taken never to go to rest with an empty stomach, because it proves injurious. I could proceed and extend and enumerate, the list of prohibited articles, and such as are proper, but as it would unnecessarily lengthen this treatise, I shall abstain from further enquiry, medical or dietetic treatment affording no relief to the dyspeptic. I would advise his resorting to some of the numerous watering places of the country: Those of Saratoga are highly spoken of, and there are others in the country that deserve a trial, Mineral waters are





powerful remedies in this disease, but, when, they are assisted by exercise and the pure and invigorating atmosphere of the country, combined with the powerful influence of lively company, and the attendance of a few choice friends, who are always presenting the bright side of his prospects to him, such as success in his affairs and his speedy restoration to health, all of these means combined have a tendency to rouse the system and to produce a speedy recovery. Tepid baths have proved powerful adjuncts to other remedies, the bath should be from  $16^{\circ}$  to  $18^{\circ}$  and be gradually reduced, Tepid baths stimulate and communicate heat to the skin, which is generally torpid, owing to the sympathy with the diseased viscera. Exercise is a powerful adjunct in this affection of the chylopoietic organs it is but to walk if the patient's strength permits, if not, on horseback or in an open carriage; if he is unable to exercise in the modes above mentioned, from indigence, he must contrive



to take it in some other way, such as, swinging, dancing, throwing weights, The moderate use of stimulants, may likewise be resorted to, such as Madrum, Port, Sherry; if these disagree, a little brandy and water may be substituted. Remedies will prove unavailing, unless the patient desert his old habits, he must leave the impure atmosphere of the crowded city, desert the ball room, as also the rich banquet and sparkling bowl. All public assemblies, where the atmosphere is contaminated, and the mind excited, are to be sedulously avoided. He must quit the midnight carousal, as also his sedentary and studious habits, and resolve to be temperate in his diet, he must retire and rise early, as nothing is more debilitating, than protracted sleep. Unless the dyspeptic thus regulates his conduct, it will be useless for his physician to prescribe, and he must eventually be allowed to brood over his misfortune, and at length fall a victim to his unrelenting foe.



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*for the purpose of a natural frequency!*

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*30 bet red hair*

*improper division of syllables p. 34.*